



Garden Seeds *Life began in a Garden... Genesis 1:11*

TIME FLIES – or so we're told. **Seven (7) years ago** this month an EAGLE Scout project laid the foundation for what we now know as **Harvest of Hope Community Garden**. From its humble beginnings, a small oasis has risen; from dust to dust; from seed to bloom; work; fellowship; education; teaching; community; outreach; mission; giving; sharing...come join us - **IN THE GARDEN...**



Today – HHCG continues to operate on “YOUR” support and we **THANK YOU**. We were able to provide over **1700 lbs** of fresh organic produce to LSS – SW last year.

Our volunteers provide monthly classes and weekly interaction with Noah's Ark Preschool.

We provide tours to local organizations such as Scouting America. We have been approached by Mesa Elementary Schools and currently our volunteers are working with Concordia Elementary to build their own garden beds.

The Garden has been instrumental in numerous landscaping projects on the BLC campus, as well as giving back financially to the church.

The Garden has sought to encourage new interest in gardening and sustainability. We now produce almost 100% of our own compost year over year, and our vegetables are all sourced from seed. We are a working garden, and always looking to improve.

VOLUNTEERS ARE WELCOME. We almost always have weeds to pull, peas / beans to pick, tomatoes to harvest, stories to share... **HAPPY BIRTHDAY – HARVEST OF HOPE COMMUNITY GARDEN**

VALENTINES DAY was Garden Day with Noah's and the topic was **RED FRUIT**. So what red fruit do we have in the garden? **Tomatoes; Pomegranate; Strawberries;** ...it was a challenge with threatening rain showers but thanks to our volunteers and kiddos all went well :)



Garden Board News:

The Garden Board has voted to eliminate it's Annual Meeting. Everyone is welcome to attend regular monthly board meetings.

The Garden Board WELCOMES it's newest Board member Erica Crewse who has been volunteering in our garden now for some months. We also farewell Carol Diemer who is taking a sabbatical from HHCG. Carol has been a Board member since the garden's inception.

"What does the letter "A" have in common with a flower?
They both have bees coming after them."

Yup – Spring is coming...



(Almost) "LAST" of our Winter harvest included the Kale; Spinach; Radish; (stray) Watermelon;



Beets and a bunch of Snow peas. Good thing we had a couple extra hands to help pick those peas –



THANK YOU!!! All the Winter crops are now down and Spring crop is being planted. *Tomatoes* are in (53 plants) and we have a new *Strawberry patch*... The *Eggplant* will hold over through the Spring...

We have cleared the "Garden Patch" and getting it ready for Spring planting. We are donating 3 "bare root" *Grape* vines to Grant Park Community Garden in Phoenix that we could no longer use.

"LEAVES" and clean **"GRASS CLIPPINGS"** - *you have them? We want them!* They can be left in one of our collection bins any time or we can pick up if transport is an issue. Just let us know.

New (refurbished) boxes have been plumbed. They will soon be filled and (Spring) planted and available for sponsorship / rental. By adding boxes we can increase production and/community.



DID YOU KNOW?

BEETROOT or **BEETS** – both the beet root AND the *leafy greens* are edible, health and delicious.

Beet greens are high in Iron, Magnesium, calcium and magnesium.

Beets are high in fiber and folate and are proven to lower blood pressure; help with digestive health and inflammation.

Both can be cooked or eaten raw, in salads, steamed, stir fried or even juiced.

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BEET GREENS RECIPE

While this recipe calls for discarding the stems, if you want you can use them too if they aren't too woody. Just cut them into 1-inch segments and add them to the onions after the onions have been cooking for a minute.

- **Prep time: 5 minutes**
- Cook time: 25 minutes
- Yield: Serves 4

Ingredients

- 1 pound beet greens
- 1 strip of thick cut bacon, chopped (or a tablespoon of bacon fat)
- 1/4 cup chopped onion
- 1 large garlic clove, minced
- 3/4 cup of water
- 1 Tbsp granulated sugar
- 1/4 teaspoon crushed red pepper flakes
- 3 Tbsp of cider vinegar

Method

1 Rinse and cut the beet greens: Rinse the beet greens in a sink filled with cold water. Drain greens and rinse a second time. Drain greens and cut away any heavy stems. Cut leaves into bite-sized pieces. Set aside.

2 Sauté the bacon, onions, garlic: In a large skillet or 3-qt saucepan, cook bacon until lightly browned on medium heat (or heat 1 Tbsp of bacon fat). Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic, cook a minute more.

3 Add water, sugar, red pepper flakes: Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper flakes. Bring mixture to a boil.

4 Add beet greens, cook until tender, add vinegar: Add the beet greens, gently toss in the onion mixture so the greens are well coated. Reduce heat to low, cover and simmer for 5-15 minutes until the greens are tender. Stir in the vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

